Sturt Sabres
Under 18 Boys
Playbook

DEFENSE

Revised
February 2008
EXTENDED DEFENSE

Calls

**Half Court Defense**

1  Not used
2  Straight 2-3 zone
3  3-2 Combination zone
4  4 Out 1 In Match Up zone
5  Man to man ball pressure defense

**Extended Defense**

10  Man to man ¾ court pick up delay
20  2-2-1 ¾ court press
30  1-2-2 ½ court press
40  1-2-2 full court press
50  Pressure man to man, run and jump, run and trap

**Fouling Situations**

Red  Foul straight away if no steal, interception
Orange  Force a turnover, if not foul after a few passes, or when the ball gets to a certain player
Green  Do NOT foul under any circumstances

**Common Combinations**

15  Pick up ¾ court delay back to man to man pressure defense
22  2-2-1 ¾ court press back to 2-3 zone
25  2-2-1 ¾ court press back to ball pressure man to man
33  1-2-2 ½ court press back to 3-2 changing alignment zone
45  1-2-2 full court press back to man to man pressure defense
55  Full court run and jump/trap back to ball pressure man to man

**Possible “Junk” combinations**

12  Pick up ¾ court, but go into 2-3 zone on entry pass
4 man 24 players box zone, 1 tagger (Box and 1)
4 man 55  4 players full court pressure man to man, 1 tagger

10

- Pick up dribbler or any pass receiver ¾ court
- Make the opposition handler work to get the ball up court 1 on 1
- Do not allow any release passes down the floor, cross court passes OK
- Other 4 players who are guarding non-handler, play conservatively (eg hedge and recover rather than run and jump, run and trap)

- Our aim is to make the opposition point guard work, take time off the clock and thus disrupt their quarter court offense
PICK UP POINTS

50 – full court, deny inbound pass
40 – full court, deny all passes except corner
10,20 – ¼ court
30 – between the circles in back court
3,5 – just over ½ way
2,4 – ¼ court, in shooting range
**EXTENDED DEFENSE (cont)**

50

*Inbound Strategies*

**“On”**
- Put maximum pressure on the inbound passer
- Play pass receivers behind or side (not front or face guard)
- Play down court players “one-third to player, two-thirds to ball” in open stance

**“Off”**
- Defender on inbound pass plays “centre field”, behind the pass receivers
- Face guard the pass receivers
- Play down court players “one-third to player, two-thirds to ball” in open stance but be ready to face guard if they come up the floor
- Immediately trap any lob pass

**Roles**
- Dog – Player defending ball. Maximum pressure, push sideline
- Plugger – Player defending the safety or other guard in a 2 guard front
- Denier – Player defending the ball side lane runner
- Rotator – Player defending the weak side lane runner
- Back – Last player back, defending the basket

- Backwards or cross court passes are OK, on ball reversal:
  - Plugger goes to ball (Dog)
  - Dog becomes Plugger
  - Rotator becomes Denier
  - Denier becomes Rotator

**Run and Trap Sideline**
- On any dribble sideline
  - If Dog can turn dribbler then Plugger traps from middle
  - If Dog is beaten sideline then Plugger traps from down court
  - Denier, hedge and recover
  - Rotator, rotates up floor for pass intercept
EXTENDED DEFENSE (cont)

50 (cont)

Run and Jump Middle
- On any dribble middle
  - Plugger aggressively run and jump/run and switch with Dog
  - Rotator may rotate up as in run and trap sideline, but generally will hedge and recover
  - If ball changes sides (which generally happens) then denier and rotator switch roles

Hedge and Recover Up the Court
- DO NOT Run and Jump, Run and Trap up the sideline.
- Hedge and recover and if a pass goes to your player then be in a position to put maximum ball pressure on the catch.

20
- Same rules as 50 except start in a 2-2-1 ¾ court zone alignment.
- Same inbound strategies apply. “On” or “Off”
- When ball comes in, the closest front line is the “Dog”
- The other front line is the “Plugger”
- The ball side second line is the “Denier”
- The weak side second line is “Rotator”
- The back player is “Back”

30
- Same rules as 3 (see half court defense) except pick up a bit higher (Top man between the circles in the back court)
- If ball goes into the trapping area (sideline / half way line) then trap and rotate. Sideline between the 2nd and 3rd lines as well.
- If not then DO NOT TRAP but just hedge and recover into 3 defense
RUN AND JUMP

HElGE UP THE COURT

20

30
EXTENDED DEFENSE (cont)

40

- Start 1-2-2 with all players in the opposition back court
- Inbounder pressures ball so the only pass is a short corner pass. Particularly no long or cross court passes
- Ball side 2nd line makes sure inbound pass goes in front of them
- Weak side 2nd line makes sure inbound pass does not go into the keyway
- Ball side 3rd line guards the area over the 2nd line
- Weak side 3rd line guards the long pass and the long diagonal pass in the back court

- Trap the inbound pass with the 2 closest players (normally 3 and 1 or 3 and 2)
- Next 2 closest players match up on receivers 1 pass away from the ball
- If there are 3 receivers then leave the inbound passer

- If a successful pass is made out of the trap then match up and run transition defense rules
HALF COURT DEFENSE

Pressure Man to Man Defense
- You can act quicker than your opponent can react.
- As a defender be active and constantly act (attack the ball, change stance, hedge and recover, fake trap etc) to make the offense react.
- Put maximum pressure on the ball so that the ball is not skipped easily

On Ball
- “Up and In” on a catch and shoot player who doesn’t like to penetrate or a player who is suspect with the ball
- “Gap” a player whose first look is to penetrate. Make sure you have hand pressure (“spear hand”) to prevent shot or skip pass
- Make sure any dribble penetration (if it occurs) is NOT towards the middle of the floor

1 Pass Away
- Deny all passes 1 pass away
- Sometimes we may “tag” a good/hot opponent (eg 4 man 5)
- Never leave a corner shooter on the ball side.
- Switch out any off ball screens or exchanges to prevent ball reversal (this player is the “switcher”)

5 Players on the Ball Side
- When the ball is out of the centre corridor (the middle of the court) we have established a ball side and a help side
- All 5 players must be on the ball side in this situation. When we say on the ball side, we mean get two feet on the ball side and then stay active. Options include:
  - Stay on the ball side (eg guarding a poor offensive player)
  - One slide over split line, one slide back
  - Two slides over, two slides back
  - We may “tag” a good/hot opponent. In this case we will not jump to the ball side but face guard the player no matter where the ball is.
- Stay active (stance fakes, hedges, fake doubles, bump cutters) away from the basketball.
- Low help is the first help on baseline penetration
- High help is the first help on middle penetration
- The switcher denies ball reversal
Defending the Post
- “Full front” a low post threat against a team that is suspect feeding the post
- Play “behind” and push off the block any tall player without a great low post offensive game
- Side front a player in the high post

Bump Off Cutters to the Ball
- “Jump or run to the ball” on every pass
- Any cutter who attempts to get between you and the ball must be checked and pushed high or low of his intended line. Never let any player cut between you and the ball

Screens Away From the Ball
- Go “over” (attempt to bump off) against good perimeter shooters
- Go “under” or “through” suspect perimeter shooters
- “Switch” if hung up (reactive or late switch)
- “Switch” out to deny the cutter the ball (proactive or early switch)
- Proactive/early switch even screens (eg little to little, big to big)

On Ball Screens
- “Hard show” (screener) and go “over” (dribbler) against good shooters who aren’t creative
- Go “under” or “through” against poor perimeter shooters
- “Switch” if hung up (reactive or late switch)
- Proactive/early switch even screens (eg little to little, big to big)

Rotations
- Closest player takes the ball to maintain ball pressure
- No player on the ball twice in a row
LOW/HIGH POST

CUTTERS

SCREENS AWAY FROM BALL

ON BALL SCREENS
HALF COURT DEFENSE

2

Defensive Assignments
- 1,2 in guard spots, 3,4 in forward spots, 5 in middle
- Pressure the ball “Up and In” or “Gap with a hand” all players in shooting range. Play “Back” off players outside shooting range.
- Guards take the ball on perimeter top hash mark and up
- Forwards take the ball on perimeter below top hash mark
- Centre takes post player / space between ball and basket (ie high post if guard on ball, low/mid post if forward on ball)

Hedging
- If ball is out of your area, “hedge” until your team mate can cover
- Recover back to your area when he has the ball

Bumping
- If the ball is dribbled from one area of responsibility to another, guard the ball and bump the ball defender back to his area

3

- Start in a 1-2-2 / 3-2 zone
- 3 man picks ball up at the half way line
- Same areas of coverage as the 2-3 except the 3 man will take the ball when it is in the point spot

- Zone changes to a 2-3 (2) when either 4 or 5 are forced to cover the perimeter
- 5 becomes the middle player if 4 goes out (4 in if 5 out)
- 3 becomes a forward in the 2-3 zone

- If the ball is reversed then all players match up on the closest player and play pressure man to man (5)
HALF COURT DEFENSE

Starting Alignment
- Start 1-3-1 zone
- When ball comes over half 1 takes the ball
- 2 and 3 take the next closest perimeter players
- 5 takes the ball side post player
- 4 takes the other player

Changing Alignments (Box/Diamond)
- In this case against a 2 guard front, the zone changes from a diamond to a box
- Switch all screens and exchanges as in 2
- 5 man takes the post closest to the ball, as in 2
- Because the alignment of the zone shifts from diamond to box, bumping and hedging do NOT happen
- In this case 4’s man comes up to the wing. Instead of hedging and the 2 man coming to the ball and bumping 4 back, 4 closes out to the ball and in essence becomes the wing of the 1-3-1 zone even though he started at the back. 2 becomes the point, 3 becomes the back and 1 becomes the opposite wing.
- In this case 3 follows the baseline cut instead of passing this off to 4. The zone has shifted back to a diamond.
- A simple way of keeping track of the alignment of the zone is that the 4 “perimeter” defenders are in pairs, in this case 1-4 and 2-3
- They will generally be opposite one another

Penetration Rules
- Same penetration rules as 5 defense
- Pressure the ball and keep it out of the middle
- 5 man is the first line of help
- Scramble to closest man to maintain ball pressure

Following Rules
- Any cut that is not a screen or exchange must be followed
- Some examples are a point guard shallow cut to the corner

- Another example is a “dribble pull” of the post player (being guarded by our 5 man). 5 follows this and we are playing in essence 5 Out instead of 4 Out 1 In on defense.